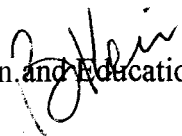




**TEXAS DEPARTMENT OF HEALTH
AUSTIN, TEXAS
INTER-OFFICE MEMORANDUM**

TO: Regional Directors
Directors, Local Health Departments
Directors, Independent WIC Local Agencies
Herman Horn, Chief, Bureau of Regional/Local Health Operations

FROM: Barbara Keir, Director
Division of Public Health Nutrition and Education
Bureau of Nutrition Services 

DATE: December 17, 1999

SUBJECT: New Nutrition Education Materials

These nutrition education materials are being mailed to each local agency.

- ***Breastfeeding Fact Sheet #19, Breastfeeding The Sleepy Newborn*** - a new fact sheet designed to educate WIC Staff on managing breastfeeding with a sleepy baby and includes information on:
 - ▶ early hunger cues
 - ▶ setting the right atmosphere
 - ▶ walking techniques
 - ▶ how to keep the baby suckling
 - ▶ reassuring the mother
 - ▶ when to refer
- **SP-000-07, "How To Breastfeed Your Newborn"** - A new self-paced lesson on how to breastfeed, is being mailed to each local agency. If you have questions about the use of self-paced lessons, please refer to the guidelines in your Nutrition Education Plan. This lesson includes information on:
 - ▶ positioning the baby at the breast
 - ▶ getting the baby to latch on correctly at the breast
 - ▶ caring for nursing nipples
 - ▶ removing the baby from the breast
 - ▶ listening for sounds and signs of satiety
 - ▶ determining if a newborn is getting enough milk